

The Difference Between Power and Energy

- Power is a “rate” *(like speed, miles/hour)*
 - The rate at which energy is used
 - Measured in kilowatts (kW)
 - 1 kW = 1,000 Watts
- Energy is a “quantity” *(like distance, miles)*
 - Energy = power X time
 - Measured in kilowatt-hours (kWh)
- Both are important considerations for sizing a renewable energy system for your home